

South African Masters Swimming

Individual Top Times

Times since: 01-May-08 Times until: 30-Apr-09
 Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
Women 40-44 50 Free								
1	26.56 L	F	Ottermann, Edith	43	CPTW WP	2009-02-12	TMS LC Champs @ Hillcrest	
2	31.41 L	F	Strydom, Caren	42	EACS KZ	2009-03-11	SAMS 25th LC Champs @ East Londc	
3	31.78 L	F	Voigt, Polly	41	EACS KZ	2009-03-11	SAMS 25th LC Champs @ East Londc	
4	32.40 L	F	Kennedy, Karen	43	PHOE CG	2009-02-12	TMS LC Champs @ Hillcrest	
5	32.70 L	F	Morris-Eyton, Heather	42	PHOE CG	2009-02-28	GMS Interregional @ Ellis Park	
6	33.51 L	F	Nancarrow, Kim	43	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
7	34.74 L	F	Dreyer, Liz	41	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
8	36.31 L	F	Homveld, Jade	43	COEL NT	2009-02-12	TMS LC Champs @ Hillcrest	
9	38.16 L	F	Hulley, Jo-Anne	41	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
10	40.38 L	F	Smart, Lucinda	40	UNIS MP	2009-03-11	SAMS 25th LC Champs @ East Londc	
11	40.71 L	F	Reeves, Sally	43	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
12	42.00 L	F	de Kock, Riette	40	COEL NT	2008-11-08	TMS Interregional @ Hillcrest	
13	47.91 L	F	Parsons, Sue	42	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
Women 40-44 100 Free								
1	1:02.55 L	F	Ottermann, Edith	43	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
2	1:08.44 L	F	Morris-Eyton, Heather	42	PHOE CG	2009-02-12	TMS LC Champs @ Hillcrest	
3	1:09.97 L	F	Strydom, Caren	42	EACS KZ	2009-03-11	SAMS 25th LC Champs @ East Londc	
4	1:11.78 L	F	Voigt, Polly	41	EACS KZ	2009-03-11	SAMS 25th LC Champs @ East Londc	
5	1:12.52 L	F	Kennedy, Karen	43	PHOE CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
6	1:16.00 L	F	Homveld, Jade	43	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
7	1:18.21 L	F	Dreyer, Liz	41	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
8	1:21.84 L	F	Ruck, Celeste	44	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
9	1:42.48 L	F	Parkins, Colleen	41	PHOE CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
10	1:47.29 L	F	Venter, Marli	43	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
Women 40-44 200 Free								
1	2:28.19 L	F	Morris-Eyton, Heather	42	PHOE CG	2009-02-12	TMS LC Champs @ Hillcrest	
2	2:41.25 L	F	Strydom, Caren	42	EACS KZ	2009-03-11	SAMS 25th LC Champs @ East Londc	
3	2:46.12 L	F	Kennedy, Karen	43	PHOE CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
4	2:48.59 L	F	Voigt, Polly	41	EACS KZ	2009-03-11	SAMS 25th LC Champs @ East Londc	
5	2:52.59 L	F	Homveld, Jade	43	COEL NT	2009-02-12	TMS LC Champs @ Hillcrest	
6	3:03.62 L	F	Dreyer, Liz	41	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
7	3:09.82 L	F	Ruck, Celeste	44	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
8	3:13.59 L	F	Hanger, Sheryl	40	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
9	3:43.31 L	F	de Kock, Riette	40	COEL NT	2008-11-08	TMS Interregional @ Hillcrest	
10	3:48.93 L	F	Parkins, Colleen	41	PHOE CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
11	3:52.88 L	F	Smart, Lucinda	40	UNIS MP	2009-03-11	SAMS 25th LC Champs @ East Londc	
12	3:56.28 L	F	Venter, Marli	43	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
Women 40-44 400 Free								
1	4:59.53 L	F	Morris-Eyton, Heather	42	PHOE CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
2	5:52.41 L	F	Kennedy, Karen	43	PHOE CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
3	6:07.29 L	F	Homveld, Jade	43	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
4	6:29.10 L	F	Nancarrow, Kim	43	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
5	6:33.62 L	F	Dreyer, Liz	41	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
6	6:47.35 L	F	Hanger, Sheryl	40	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
7	8:36.16 L	F	Smart, Lucinda	40	UNIS MP	2009-03-11	SAMS 25th LC Champs @ East Londc	
8	9:21.00 L	F	Russell, Marcilla	41	COEL NT	2009-02-12	TMS LC Champs @ Hillcrest	
Women 40-44 800 Free								
1	10:17.59 L	F	Morris-Eyton, Heather	42	PHOE CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
2	14:08.17 L	F	Hanger, Sheryl	40	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
3	14:14.65 L	F	van Heerden, Vicky	41	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
4	14:14.95 L	F	Dreyer, Liz	41	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
5	16:18.50 L	F	Durrant, Jo-anne	43	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
6	16:50.38 L	F	Parkins, Colleen	41	PHOE CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
7	17:03.77 L	F	Els, Lisa	40	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
8	18:40.49 L	F	Venter, Marli	43	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	

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	Time	P/F/S	Name	Age/Yr				
9	19:29.00 L	F	Russell, Marcilla	41	COEL NT	2009-02-12	TMS LC Champs @ Hillcrest	
Women 40-44 1500 Free								
1	20:09.10 L	F	Morris-Eyton, Heather	42	PHOE CG	2009-02-12	TMS LC Champs @ Hillcrest	
2	22:50.00 L	F	Dorlas, Sandra	42	COEL NT	2008-10-04	TMS (Coelacanth) 1500 @ Hillcrest	
3	25:00.00 L	F	Homveld, Jade	43	COEL NT	2009-02-12	TMS LC Champs @ Hillcrest	
4	27:18.00 L	F	Ruck, Celeste	44	COEL NT	2009-02-12	TMS LC Champs @ Hillcrest	
5	34:09.64 L	F	Parkins, Colleen	40	PHOE CG	2008-10-04	TMS (Coelacanth) 1500 @ Hillcrest	
6	37:47.00 L	F	Russell, Marcilla	41	COEL NT	2009-02-12	TMS LC Champs @ Hillcrest	
Women 40-44 50 Back								
1	36.29 L	F	Ottermann, Edith	43	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
2	41.36 L	F	Strydom, Caren	42	EACS KZ	2009-03-11	SAMS 25th LC Champs @ East Londc	
3	42.45 L	F	Morris-Eyton, Heather	42	PHOE CG	2009-02-28	GMS Interregional @ Ellis Park	
4	42.76 L	F	Nancarrow, Kim	43	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
5	43.03 L	F	Kennedy, Karen	43	PHOE CG	2009-02-28	GMS Interregional @ Ellis Park	
6	45.51 L	F	Venter, Marli	43	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
7	46.74 L	F	Ruck, Celeste	44	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
8	47.45 L	F	Hulley, Jo-Anne	41	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
9	55.48 L	F	Durrant, Jo-anne	43	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
10	59.78 L	F	Russell, Marcilla	40	COEL NT	2008-11-08	TMS Interregional @ Hillcrest	
11	1:02.38 L	F	Els, Lisa	40	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
12	1:02.97 L	F	Parsons, Sue	42	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
Women 40-44 100 Back								
1	1:27.97 L	F	Dorlas, Sandra	43	COEL NT	2009-02-12	TMS LC Champs @ Hillcrest	
2	1:29.28 L	F	Strydom, Caren	42	EACS KZ	2009-03-11	SAMS 25th LC Champs @ East Londc	
3	1:33.64 L	F	Dreyer, Liz	41	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
4	1:38.92 L	F	Ruck, Celeste	44	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
5	1:45.68 L	F	Venter, Marli	43	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
6	2:00.49 L	F	Parkins, Colleen	41	PHOE CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
7	2:08.74 L	F	McGregor, Gill	44	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
Women 40-44 200 Back								
1	3:19.27 L	F	Strydom, Caren	42	EACS KZ	2009-03-11	SAMS 25th LC Champs @ East Londc	
2	3:35.91 L	F	Ruck, Celeste	44	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
3	3:57.39 L	F	Venter, Marli	43	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
4	4:18.78 L	F	Parkins, Colleen	41	PHOE CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
5	4:34.64 L	F	Els, Lisa	40	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
6	4:36.14 L	F	McGregor, Gill	44	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
Women 40-44 50 Breast								
1	35.73 L	F	Morris-Eyton, Heather	42	PHOE CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
2	43.17 L	F	Voigt, Polly	41	EACS KZ	2009-03-11	SAMS 25th LC Champs @ East Londc	
3	45.90 L	F	Dorlas, Sandra	42	COEL NT	2008-11-08	TMS Interregional @ Hillcrest	
4	48.19 L	F	van Heerden, Vicky	41	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
5	48.77 L	F	Kennedy, Karen	43	PHOE CG	2009-02-28	GMS Interregional @ Ellis Park	
6	49.55 L	F	Hulley, Jo-Anne	41	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
7	49.64 L	F	Reeves, Sally	43	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
8	52.85 L	F	Durrant, Jo-anne	43	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
9	53.90 L	F	Smart, Lucinda	40	UNIS MP	2009-03-11	SAMS 25th LC Champs @ East Londc	
10	56.56 L	F	Russell, Marcilla	41	COEL NT	2009-02-12	TMS LC Champs @ Hillcrest	
Women 40-44 100 Breast								
1	1:16.33 L	F	Morris-Eyton, Heather	42	PHOE CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
2	1:37.53 L	F	Voigt, Polly	41	EACS KZ	2009-03-11	SAMS 25th LC Champs @ East Londc	
3	1:44.06 L	F	van Heerden, Vicky	41	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
4	1:48.00 L	F	Reeves, Sally	43	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
5	1:53.70 L	F	Durrant, Jo-anne	43	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
6	2:08.15 L	F	Russell, Marcilla	40	COEL NT	2008-11-08	TMS Interregional @ Hillcrest	

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	Time	P/F/S	Name	Age/Yr				
Women 40-44 200 Breast								
1	2:45.07 L	F	Morris-Eyton, Heather	42	PHOE CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
2	3:44.28 L	F	Dorlas, Sandra	43	COEL NT	2009-02-12	TMS LC Champs @ Hillcrest	
3	3:44.89 L	F	van Heerden, Vicky	41	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
4	3:54.95 L	F	Reeves, Sally	43	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
5	4:19.50 L	F	Durrant, Jo-anne	43	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
6	4:39.84 L	F	Russell, Marcilla	41	COEL NT	2009-02-12	TMS LC Champs @ Hillcrest	
Women 40-44 50 Fly								
1	29.05 L	F	Ottermann, Edith	43	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
2	35.12 L	F	Dorlas, Sandra	42	COEL NT	2008-11-08	TMS Interregional @ Hillcrest	
3	37.52 L	F	Morris-Eyton, Heather	42	PHOE CG	2009-02-28	GMS Interregional @ Ellis Park	
4	39.07 L	F	Nancarrow, Kim	43	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
5	43.94 L	F	Homveld, Jade	43	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
6	44.57 L	F	Hulley, Jo-Anne	41	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
Women 40-44 100 Fly								
1	1:25.22 L	F	Dorlas, Sandra	43	COEL NT	2009-02-12	TMS LC Champs @ Hillcrest	
2	1:52.29 L	F	Hanger, Sheryl	40	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
3	1:59.89 L	F	McGregor, Gill	44	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
4	2:08.14 L	F	Els, Lisa	40	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
Women 40-44 200 Fly								
1	3:42.52 L	F	Homveld, Jade	43	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
2	4:12.21 L	F	Hanger, Sheryl	40	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
3	4:31.50 L	F	McGregor, Gill	44	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
4	4:46.17 L	F	Els, Lisa	40	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
Women 40-44 200 IM								
1	2:47.28 L	F	Morris-Eyton, Heather	41	PHOE CG	2008-11-08	TMS Interregional @ Hillcrest	
2	3:21.39 L	F	Nancarrow, Kim	43	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
3	3:44.37 L	F	Hulley, Jo-Anne	41	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
4	3:48.29 L	F	van Heerden, Vicky	41	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
5	3:53.27 L	F	Hanger, Sheryl	40	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
6	4:28.89 L	F	Els, Lisa	40	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
7	4:30.83 L	F	McGregor, Gill	44	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
Women 40-44 400 IM								
1	8:08.52 L	F	van Heerden, Vicky	41	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
2	9:28.33 L	F	McGregor, Gill	44	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	